

ABBEY  
COLLEGE  
CAMBRIDGE

# **Whole School Food Policy**

**2021/2022**

## Whole School Food Policy

Abbey College Cambridge

**SLT Responsible for this Policy:** Carolyn Dunn, Vice Principal Pastoral

Telephone: 01223 578280

Email: [Carolyn.Dunn@abbeycambridge.co.uk](mailto:Carolyn.Dunn@abbeycambridge.co.uk)

**This policy is reviewed on an annual basis**

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|---------------------------------------|---------------------|------------------|
| Annual Policy reviewed by:            | <b>Carolyn Dunn</b> | <b>June 2021</b> |
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| Next Review:                          |                     | <b>June 2022</b> |

**This policy has been approved by SLT and adopted on behalf of the Governors, and is addressed to all members of staff and volunteers and is available on the school's portal. It is available to parents on request. It applies wherever staff or volunteers are working, including when this involves being away from the school.**

Abbey College Cambridge is committed to providing menus that are nutritious, varied and enjoyable as well as providing an environment that promotes healthy eating. Combined this approach enables students, staff and visitors to make informed food choices. Abbey College Cambridge works in partnership with the on-site catering team Harrisons, to achieve its aims.

## 1. Aims

The aims of the whole school food policy are:

- To provide a balanced range of healthy food choices throughout the school day and in boarding time
- To educate students to make healthy food choices to be better prepared to learn and achieve
- To ensure that differing needs and tastes of each student are accommodated

What we want to achieve:

- Every student has access to nutritious, tasty, freshly prepared food
- Dining is an enjoyable experience with time for students to enjoy their food in an convivial and welcoming atmosphere
- Food provision should reflect the ethical and medical needs of students and staff, e.g. religious, ethnic, vegetarian, medical and allergenic needs
- The whole school community understands the importance of a balanced diet
- Balance provision with feedback from students and parents

## 2. Provision throughout the school day

Students have unlimited access to filtered drinking water throughout the school buildings and in the dining room. Students also have access to vending machines which offer healthy snacks and juices as well as traditional vending items. These can be purchased using the cashless card system.

### Breakfast

There is an important connection between having a balanced diet and a student's ability to learn effectively. Starting the day with a healthy and balanced breakfast, enables students to be ready to learn.

Breakfast provided in the dining room, offers daily variations of an English breakfast from the servery, as well as hot porridge, warm pastries, fruit, yoghurt, cereals, bread and bakery

products (bagels, teacakes) and a continental style breakfast. Students may help themselves to cereal and bakery products, as well as breakfast juices and tea and coffee.

Soya milk is offered as an alternative to dairy, with preserves available in individual packages to avoid contamination for those with dietary intolerances.

Breakfast is served daily from 0715am – 0840am.

### **Break time**

At break time, students may purchase snacks from the café bar, or the vending machine, and may also go off site if they wish. The café bar serves a selection of traditional café snack such as toasted sandwiches, croissants, pastries, fruit pots and whole fruit, biscuits, hot barista served drinks and cold soft drinks.

Students may purchase any item they wish. Students purchases are monitored with analysis of a catering report, detailing what students ate and when. Excessive spending and snacking outside of meal times will be picked up by the boarding team.

### **Lunch**

All students have a choice at lunchtime, enabling them to eat healthily. Students may choose to take their lunch from the servery or the café bar. Lunches from the servery work on a four-week menu cycle, and always offer a choice of three hot dishes (one being a vegetarian) at each sitting with a choice of vegetables and carbohydrates. Where possible, vegetables served are seasonal. Soup is offered every lunch time along with an extensive salad bar.

The café bar offers a weekly special sandwich/wrap/roll, as well as daily favourites. Students may have a fruit pot or a whole piece of fruit for their dessert in the café bar.

Lunch is served between 12 noon and 1:45pm with students eating lunch in two sittings. Seating arrangements in the dining room are sympathetic to a positive sociable environment for students having lunch, with staff sitting with students.

Students may go off site for lunch. All CSA students must seek permission from their Housemaster or a member of the Senior Leadership Team before doing so.

### **Dinner**

Students have a choice at dinner time of whether to use the café bar or eat from the servery. Dinner menu is on a four-week cycle, with a choice of three hot dishes (one being a vegetarian) offered alongside vegetables and carbohydrates. Where possible, vegetables served are seasonal. Hot desserts feature on the menu in the evenings.

Dinner is served between 5pm and 6:30pm, with students free to eat when they wish, whether this is after lessons, sport/clubs or later to join with friends.

## Weekends

At the weekends, boarders have the chance to enjoy their meals in a more leisurely way. Meal times are adjusted, with breakfast available later to allow students the chance to have a lie in and a more relaxed start to their day. A traditional roast dinner is served every Sunday with a four week rotation for variety.

## 3. Special Dietary Requirements and Allergens

### 3.1 Allergens

Students with special dietary requirements, are advised to speak to a member of the catering team at each meal, to ascertain if any of the items served, contain a specific allergen. Allergen information is not displayed at the point of service, which is in line with current legislation – the onus is on the student to ensure the meal served is allergen free. Whilst products that contain nuts are not ordered into the kitchen, Harrisons cannot guarantee that the food prepared on site is free from all allergens.

### 3.2 Special Dietary Requirements

At the time of application to the school, and when requesting accommodation, parents and students have the opportunity to advise of any special dietary requirements. These requirements are also confirmed on arrival with matron.

Every endeavour is made by the catering team, to meet specific dietary requirements, including allergies, intolerances, religious or cultural practises. Wherever possible, the weekly menu is adapted to accommodate such student requests. This helps to ensure that access to the menu is equal for all students. Where requested by parents, and in consultation with Matron and the Vice Principal Pastoral, individual dietary care plans are created.

## 4. School trips

A packed lunch will be provided by the catering team, for any student who will be out on a school day trip. Packed lunches are requested by the trip organiser, with the catering request clearly detailing the student's names, their requested option and any allergies. Packed lunches are given to each individual student for them to carry. All sandwiches are heat sealed and can be stored safely in the lunch bag before eating.

## 5. Menu Creation and Cycle

Menus are created by Harrisons and approved by Abbey College Cambridge. Menus work on a four-week rotation and are revised with new dishes added ready for the start of each full term. As a boarding school catering for students seven days a week, it is important to ensure that meals do not become repetitive, so inspiration is drawn from many sources including students themselves.

Special menus are created for such events as Halloween, Christmas Dinner, Australia Day and St George's day to name a few. Events such as the charity fair, allow changes to the menu cycle driven by the students themselves.

## 6. Expectations of staff and visitors

Abbey College Cambridge expects staff and visitors to support this policy, and to model good behaviour around food and drink when in the company of students. Visitors will eat in the dining room alongside the students, apart from meetings that cover a working lunch, in which case specific catering may well be arranged.

## 7. Catering provider

Abbey College Cambridge is proud to have Harrison as its on-site catering team. Harrison Catering Services is an award winning, independent, family-owned business with a straightforward approach: to prepare fresh food each day from delicious and high quality ingredients.

Harrison is conscious of its responsibilities as an organisation and uses British free-range eggs and British sourced meat and poultry. Our teams are committed to delivering delicious and innovative dishes.

## 8. Monitoring of student meals

Students are educated through PSHEE as to what constitutes a healthy and balanced diet. Abbey College Cambridge hopes that students will make informed choices about their meals. In the event that there is a question from home or a concern from school, student meal uptake can be monitored with access to catering records.

### 8.1 Student feedback

The student voice is very important to all at Abbey College Cambridge. Students are regularly asked to complete surveys, to let the team know how they feel about their dining experience. Students may raise concerns through their student council rep in their tutor group, or with the catering team direct.